

THE ECHO

Taylor University • Upland, Indiana

Dec. 3, 1993

"Ye shall know the truth"

Issue Thirteen

Taylor celebrates Advent season

by Tracey Doude
staff reporter

Children and the coming of Christmas will have students on the edge of their seats, smiling to see the little ones at the next three chapel services as they witness the lighting of the Advent candles.

"Advent is a celebration in preparation of Christ's coming. Traditionally it is a ceremony that helps us focus on preparing for the actual day," Katrina Johnson, student assistant to the chaplain, said. The word "Advent" literally means "to come."

Five candles will be lit, one at each chapel service after Thanksgiving until the last chapel of the semester, Friday, Dec. 10.

Five faculty or staff families with children will light the candles during the services. "We always use children because we are to believe with that childlike faith," said the Rev. Charles Gifford, campus pastor.

He referenced Matthew 19:14 and said, "We are able to see that childlikeness in flesh and approach Christ with humility and awe."

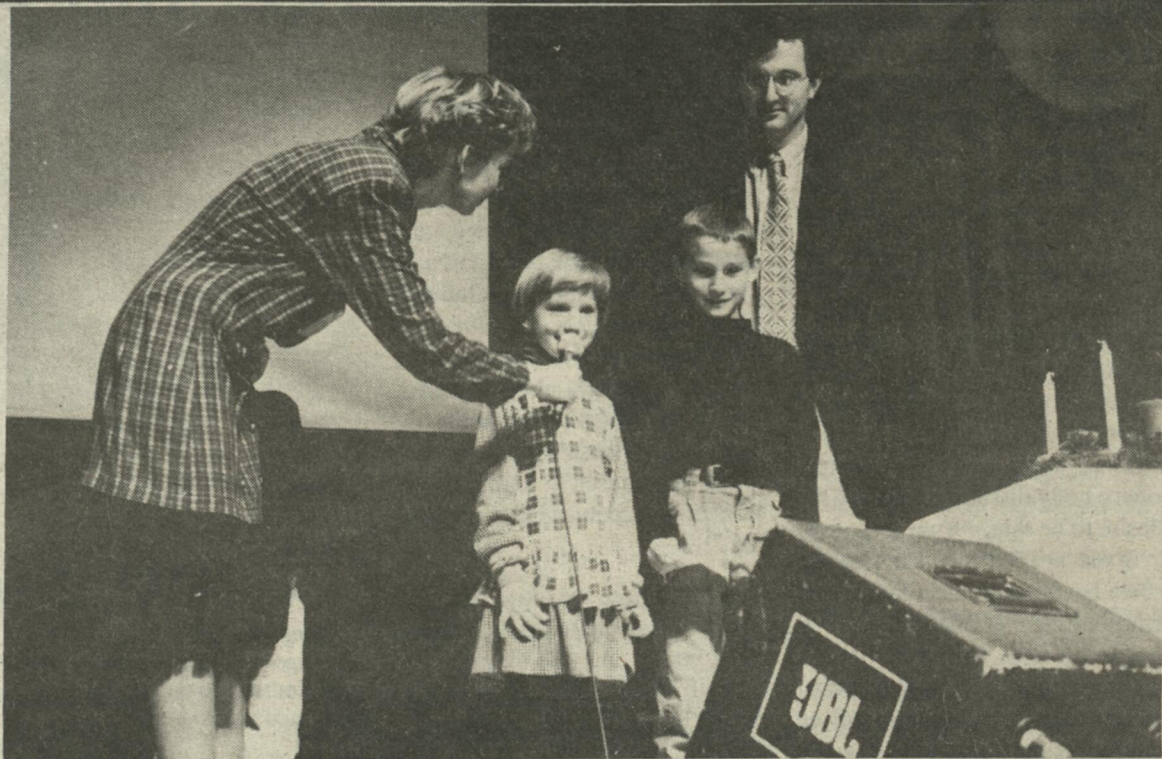
Steve Beers, director of evangelism, and his wife Jane and their three children lit the first candle, the gold candle, Wednesday.

The gold candle is the Prophets' candle and symbolizes the long years the prophets waited for a Messiah to come.

Dr. Eric Hedin, assistant professor of physics, and his wife Debbie and their children Karl and Kristiana lit today's candle.

It is white—the Angels' candle. It symbolizes the angels coming to Mary and Joseph as well as to the shepherds, and reminds us that God is still working in our midst, Johnson said.

The third candle will be lit by Dr. John Moore, assistant professor of biology, and his wife Cathy and their three children. The candle is green and called the Shepherds' candle.



ALL IN THE FAMILY—Sarah Beers tells Wednesday's chapel crowd about advent while her brothers, Jacob and Jon, dad Steve, and mom Jane add their support. The Beers family lit the first of five advent candles, which marks the beginning of the Christmas season at Taylor.

photo by Nathan Beighley

The shepherds remind us that we are to go and tell the good news just as they did when they had seen the Christ child, Johnson said.

The fourth candle is purple and is the Wisemen's candle.

"It symbolizes wisdom and the One who is all-wise. Only because of Christ can we have any wisdom," Johnson said.

The fifth candle is red and symbolizes Christ's birth.

It is the biggest candle at the center of the wreath to show that Christ is the light of the world. After the fifth candle is lit during the last Chapel **See Advent**

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Struggle to stay thin affecting students

by Michelle Greenawalt
associate editor

In the past decade, eating disorders have grown at a rate unparalleled in medical history. Currently, they are prevalent in American society, especially on college campuses.

Statistics show that "twenty-five to 30 percent of all college women, nationally, have some degree of eating disorder or food preoccupation," said Audrey Demmitt, registered nurse, who specializes in eat-

Eating Disorders: Is Image Everything?

ing disorders.

"It (statistics) can vary on any college campus, anywhere from 10 to 25 percent. . . I would venture a guess that it is on the high side at Taylor," Demmitt said. "College in general is a high risk time."

Taylor would tend to have a higher percentage because of the type of students who attend. Students who are perfectionists, who come from demanding families, and who are high achievers tend to be more at risk. What is unique to Taylor is that many of its students possess one or more of these characteristics.

Eating disorders, however, do not affect just a few types of individuals. What was once thought to be a disorder of exclusively middle or upperclass adolescent girls has crossed all socioeconomic, racial, age and intellectual lines. Nine out of every ten eating disorders, however, still afflict girls. "It's a women's issue," Demmitt said.

Accurate data pertaining to a spe-

cific college is difficult to gather. "It will always be hard to really find out," Demmitt said. Many people who are struggling with an eating disorder do so secretly. Because of the stigma society places on those with eating disorders, many victims hesitate to admit their problem and seek help.

An eating disorder or an unhealthy preoccupation with food is defined as eating for the wrong reasons. It is "that act of eating for other reasons, other than nutrition, taste, and the reasons that we actually do eat," Demmitt said.

But not every person afflicted with an eating disorder will be anorexic or bulimic. "There's a continuum of eating problems; and, many people don't necessarily fall on the diagnostic continuum in the straight and neat little category of anorexia or bulimia.

"People (with eating disorders) overlap and have features of all of them. A lot of times patients will switch in and out of both (cate-

ries)," Demmitt said.

Because so many people do not fit into either category, a new category has been formed entitled "not otherwise specified" (NOS).

The cause of eating disorders is complex and involves many factors. "Definitely family history, eating history, life events, relationships within the family, psychological makeup, personality structure, culture, societal pressure. . . all those things play a part in the causality of eating disorders," Demmitt said.

Significant life-changing events often trigger an eating disorder in the life of an already susceptible person. The transition to college, divorce of parents, death of a loved one and broken love relationships are some events that may trigger anorexia or bulimia.

The emphasis on being healthy and physically fit has become a priority in our society. The intensified feelings of bodily dissatisfaction have created the drive for thinness and the surge of dieting in America.

"Thinness equals so many things in our society. It equals success; it equals perfection; it equals discipline, and those are all things that

we really value. We want to embody that, we want to be all that thinness is supposed to promise," Demmitt said.

The drive for thinness is responsible for many eating disorders. Girls who have an acute desire to be thin never attain their desired level of thinness. "(Thinness) doesn't fulfill its promise in the end. They'll never be thin enough, and in the end, it's kind of a war they wage with their bodies. . . If they fight it until they win, they die.

"But the body fights back; and it fights back in a fierce way. It will employ all kinds of its psychological and physical mechanisms to get them to eat, but they can override it. The body wages war back and if the body wins, they eat, and it breaks the cycle," Demmitt said.

Currently, low-fat eating is a trendy thing that many women pursue in hopes of attaining thinness. Many have become obsessed with eating no fat. "There is this hysteria out there about fat in foods and fat on bodies. We have this real prejudice about fat and what fat's going to do to us. There's more to life than counting grams of fat," she **See Eating Disorders**

continued on page 2

Beginning this week, *The Echo* will be publishing a two-part series about eating disorders.

The purpose of this series is to inform both men and women about the prevalence of eating disorders on the college campus, and to emphasize the dangers of unhealthy eating behaviors.

Some medical experts believe that eating disorders are reaching epidemic proportions in our society.

Statistics about those afflicted with eating disorders vary nationally; but, at Taylor, the statistics may be even higher than the national average.

Eating Disorders

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said. No-fat diets are very dangerous because dietary fat is essential to the body.

It may be surprising to learn that equating beauty and thinness is a relatively new idea. It can be traced to the mid-1960s, "when Twiggy replaced Marilyn Monroe as America's female beauty ideal," according to Paula Levine, president of Eating Disorders Awareness and Prevention (EDAP).

Before then, thinness was not necessarily a goal. For example, after World War II it was characteristic for beautiful and affluent women to have a fuller form.

Currently, however, the drive for thinness is relentless. "If thin is good, then thinner is better, and according to the majority of female adolescents and adults, thin is never thin enough," according to Levine. Even girls under the age of 14 experience body dissatisfaction and the desire to be thin.

Some studies indicate that the drive for thinness has been passed from one generation to the next. "It has to do with what our mothers grew up with . . . and this sort of trained idea that we have to change our bodies and not accept them. It's been kind of a heritage of self-loathing. It also has to do with how women's roles have changed in our society, the demands on women and the expectations," Demmitt said.

For students who are afflicted with an eating disorder or who have an unhealthy preoccupation with food, Taylor offers help. Students receive counseling and medical help voluntarily and as their situation dictates. "Taylor's interest in any student with an eating disorder is to help them maximize their time in college." This may include treat-

ment, medical monitoring and nutritional education, Demmitt said.

Taylor has an Eating Disorder Task Force which consists of faculty members, a nutritionist, a student representative and people from the athletic department, health center and counseling center. Also, there is a body image group for women who are concerned about their body image and whose body image is getting in the way of living life to the fullest, Demmitt said.

In her work with girls who have eating disorders, Demmitt addresses self-acceptance.

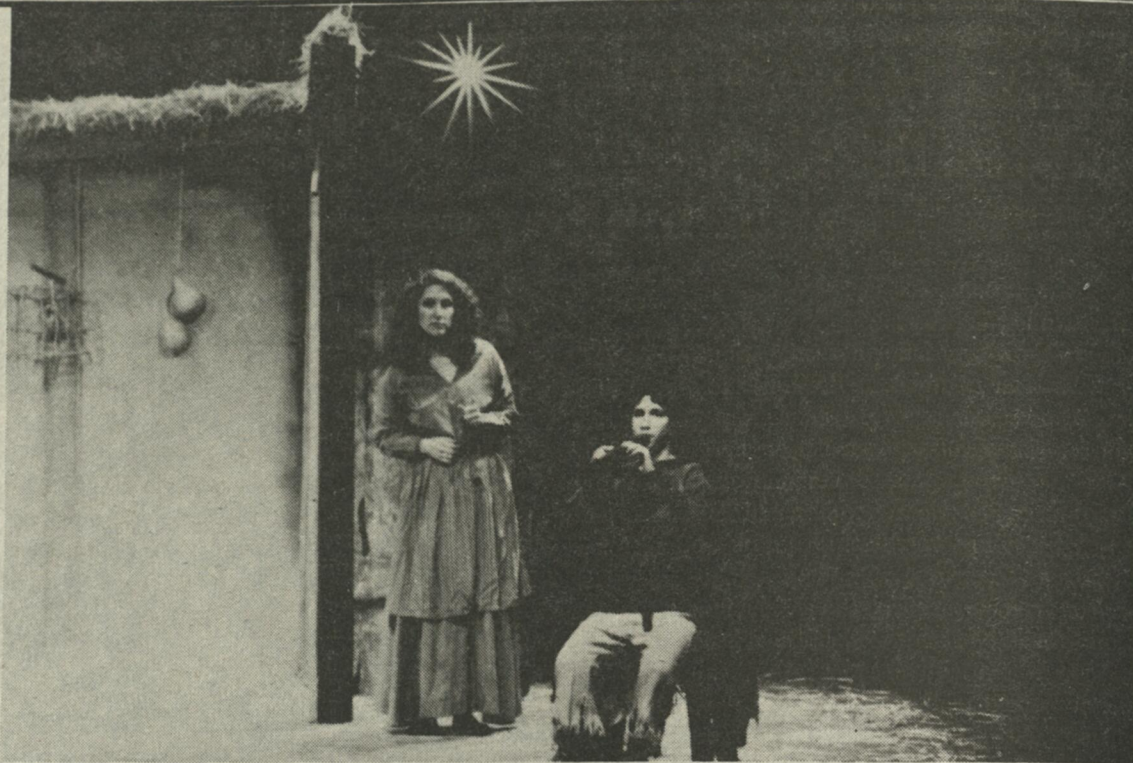
"God made me this way, and really addressing that sometimes is addressing self-acceptance, and acceptance of their body and who they are before God, how God sees them," she said.

"I want them to challenge the cultural messages about thinness, that thinness isn't necessarily the best, that it doesn't give you anything it promises in terms of success and acceptance and popularity."

To Demmitt, the most important thing for people to do is to accept their bodies and who they are, and then to take care of themselves by living healthy, balanced lives.

"Health in my opinion is eating for the right reasons. Eating in response to hunger and taste and nutritional needs. Eating to meet your bodily requirements and exercising to strengthen your body, not make it thin. Exercising for the right reasons, exercising to build cardiovascular fitness and strength, not to strip calories and strip muscle," Demmitt said.

In order to achieve healthy living and self-acceptance, it is important to "affirm the things in our lives other than appearance. We're more than just the shell we come in."



LIGHTING THE WAY—In a scene from the Christmas story, two performers of the musical Amahl and the Night Visitor rest beneath the Star of Bethlehem. The performance will take place tonight at 7:30 in the Rediger Auditorium. Tickets will be sold at the door for \$5 with TUID.

photo by Nathan Beighley

Theater to focus on Holocaust

by Ava Archibald
staff reporter
and Karen Lauck
from basic reporting

The advanced oral interpretation class will be performing a reader's theater based on the experience of the holocaust. The production is under the direction of Jan Pletcher, assistant professor of communication arts. Wendy Loney, junior, is the student director.

"'Lest We Forget' significantly reminds the audience that history is repeating itself demonstrated through ethnic cleansing," Pletcher said.

The program attempts to look at the holocaust from the Jewish, as well as the German, perspective by presenting different pieces of lit-

erature from the holocaust time period in six parts.

The presentation starts out with the seeds of hatred planted by the Germans and Jews by using excerpts from Hitler's speeches as well as other pieces representing Nazi propaganda. It then moves to the ghetto experience with thoughts from "The Diary of Anne Frank," "I Never Saw Another Butterfly" and other pieces which include eye witness accounts of those experiencing the holocaust.

Growing deception and the concentration camps are the next two sections, dealing with the developing problems that led to the holocaust.

The last two sections of the readers theater use literature from the

letters of Corey Ten Boom and the play "Judgement at Nuremberg" to depict the glimpses of hope which were present and the judgment period that followed the holocaust.

"The theme verse for the performance is Joel 1:3," Pletcher said. "Tell ye your children of it, and let your children tell their children, and their children another generation."

Lest We Forget will be performed at 8:15 p.m. Thursday, Dec. 9, and Saturday, Dec. 11, in the Little Theater.

Tickets may be purchased at the Communications Arts ticket office or reserved by calling x5289. Tickets are \$2 with a Taylor ID and should be reserved early.

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Chapels to reflect spirit, fun as Christmas nears

by Mindy Leonard
features editor

Well, it's that time of year again. No, it's not only the most hectic part of the semester. It's also time for Taylor to turn its attention (or as much of it as possible) to the Christmas spirit. As in years past, two special chapel programs will help us all get into the holiday mode.

The music department will present the Christmas Worship Chapel Wednesday and Russ Ramsey and Katrina Johnson, student assistants to the chaplain, are in charge of the Christmas Celebration Chapel Friday.

This year's Worship Chapel, according to Dr. Albert Harrison, professor of music, will be very formal in nature. "At least a few times a year, Pastor Chuck likes to have a more church-like service," he said. The Symphonic Band, directed by Harrison, will perform "A Christmas Intrada," "Fantasy on a Bell Carol" and "Troika from Lt. Kije."

Dr. Philip Kroeker will be directing the Chorale as they perform "Ding Dong! Merrily on High,"

the First Lady

BY MADELINE BROGAN

"This Christmastide" and "Holy Radiant Light." The program will also include congregational singing and a short message by Dr. Charles Gifford, campus pastor.

Harrison said the first part of the service will have a very "regal sound," leading up to the lighting of the Wisemen's candle. Some of the pieces featured, such as "This Christmastide," are of a reflective mood, while "Holy Radiant Light" is "very stirring," he said.

Friday's chapel will be quite different in nature, as it looks at things from a slightly more humorous approach. This year's theme will be "A Christmas Without Jesus," according to Johnson. This year's program, according to Karen Stafford, cast member, will be "lighthearted, but not as lighthearted as previous years." Other student cast members include Chris Thornton and Jason Francis.

Ramsey invented the initial idea for the skit and Thornton and Johnson did much of the writing. Ramsey emphasized that this program is not a parody on another Christmas story, but contains much more original material than what has been used in the past. It also includes poetry and interpretive dancing.

Christmas concerts scheduled

by Matt Harrell
from basic reporting

The Taylor Ringers and the Bell Choir will present a Christmas concert at 7:30 p.m., Sunday, Dec. 5, in the Carruth Recital Hall. Both bell choirs will perform selected Christmas music under the direction of Dr. Richard Parker, professor of music.

Selections will include "Gesù Bambino," "Pat-A-Pan" and "Jingle Bell Jazz."

Also on Sunday, the Taylor Ringers will perform at Trinity United Methodist Church in Marion at 3 p.m.

Admission is free to both concerts.

Correction Box:

A correction needs to be made about the Christmas Gift Drive story appearing in the Nov. 19 issue of *The Echo*.

Joan Hobbs, secretary in university relations, obtained children's names for the gift drive from Helping Hand, but not from Avis as the story indicated.

Rhythm Review Whiteheart takes a journey through the Highlands

by Randy Dillinger
campus editor

Taylor alum Rick Florian and his band, Whiteheart, have delivered a package of high-energy rock with *Highlands*, their latest release.

There are some great moments on this album. For instance, the bass guitar is consistently jamming, and the entire album is full of energy.

"The Cry" is one of the more creative songs, featuring a Celtic-sounding flute intro. "Let My People Go" shows Whiteheart's acoustic creativity, which they should show more often.

"You Can See the World" shows a strong Rush influence on both vocals and rhythm. Other songs can be compared to Aerosmith or Extreme.

Highlands is very well-produced, with many tricks added to the basic mix. The sound quality and mix of vocals and instrumentation are superb and bring out the fine-tuned talent of these musicians.

While Whiteheart has gained a reputation for being a band that jams, they are quite adept at ballads too. Some of their best songs on this album are ballads, includ-

ing "Once and For All" and the title track. Lyrically, the band is consistently positive and encouraging, pointing listeners to Christ and urging them to live in the light of God.

"God is raising up a people clothed in light; holy people to stand through the watch of the night. And the cry goes out, and the cry goes on and on; searching out the skies with expectant eyes. Listen for the cry" (The Cry).

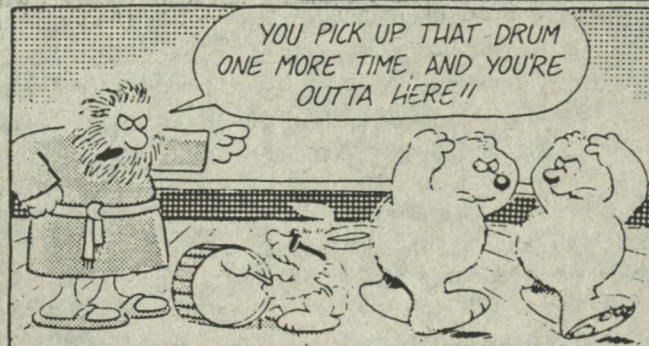
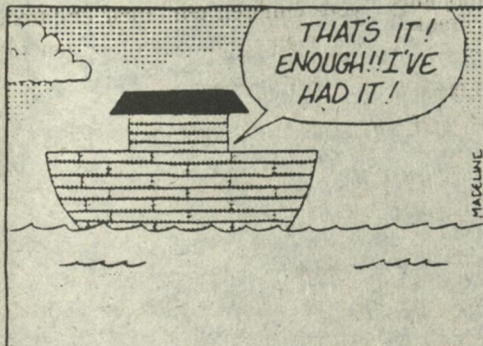
There are some things about *Highlands* that are not so positive, however. Musically, Whiteheart sounds much the same as they did years ago, and many of the songs are very similar to each other. The album is also flooded with keyboards and vocal harmonies that belong in the 80's.

Advent

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service, Johnson said they hope to have a special candlelighting service.

"The Taylor community responds very well to this. It's always neat to have faculty and children involved. It brings in the whole Upland community," Johnson said.



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Trojans end season, begin another

by Scott Balyo
sports editor

The sports editor would like to congratulate Fourth Bergwall on their intramural soccer championship, before taking a look at all of the Taylor sports action that has taken place during the past two weeks.

Men's Cross Country

Freshman James Njoroge took ninth place in the NAIA national cross country meet Saturday, Nov. 20, in Kenosha Wis., earning him All-America honors and helping Taylor capture a 12th-place team finish.

Njoroge finished the five-mile course in 25:04, and became the third Taylor runner to finish in the top 10 in a NAIA national meet.

The 12th-place finish is Taylor's best finish since 1970, when they placed eighth.

Other top runners for Taylor included seniors Joel Hamilton (88th) with a time of 26:24 and Steve Stringfellow (99th) in 26:29, freshman Josh Hawkins (135th) with a time of 26:50 and junior Mark Mays (214th) in 27:38.

Njoroge won seven of the nine meets that he ran in this season, as the Trojans captured four invitational championships, as well as the Indiana Little State meet and the NAIA District 21 Championship.

Women's Cross Country

The women's team placed 24th in the NAIA national meet, as they were led by senior Naomi Fruchey.

Fruchey finished 32nd overall with a time of 18:45 over the 3.1-mile course.

Senior Sara Smearsoll was second for Taylor (131st overall) with a time of 20:33.

Following Smearsoll were freshman Christen Milligan (146th), in 20:43, senior Krista Hasenmeyer (166th) with a time of 20:55 and freshman Kelly Newell (171st) in 21:00.

"I lose four seniors next year, Fruchey, Smearsoll, Hasenmeyer and Amy Stone have all been with the team for four years. They made such significant contributions not only through their running, but also through their personalities," Coach Ray Bullock said.

"We had an incredible season. Our program has been very consistent. I will miss the girls that I lose,

but we have a good nucleus coming back," Bullock said.

Men's Basketball

The Trojans (2-2) found themselves on the losing end of two NCAA Division II contests, before bouncing back with a win over Indiana Wesleyan.

The team defeated Olivet College 75-58, before falling Saginaw Valley State University 82-68 at Saginaw Valley's Tip-Off Tournament Nov. 19-20.

Senior Chris Holtmann was named to the all-tournament team.

The Trojans then traveled to Ashland University Saturday, Nov. 27 to take on the Ashland Eagles.

The men held a 40-38 halftime lead, but fell 69-68, as they shot only 33 percent from the field.

The team did shoot 25-27 from the free-throw line and hit 9-18 three-point field goals.

Senior Steve Mozingo led the team with 24 points and six rebounds. Senior Chris Holtmann had 11 points, while junior Matt Moulton chipped in 10.

The Trojans made the short trip to Indiana Wesleyan Tuesday to square off with their Grant County rival.

The men came away with an 82-71 win to pull their record back to .500 for the season.

Mozingo led the Trojans with 23 points, 18 in the second half, seven assists and six rebounds.

Junior Craig Wolfgang came off the bench to spark Taylor, as he scored 17 points and was 4-4 from three-point land.

Other contributors for Taylor included Holtmann (15 points), senior Mark Doerstler (12 points, seven rebounds) and junior David Parker (10 points, five rebounds).

The team will travel to Nashville, Tenn., this weekend to play in the Belmont University Tournament.

The Trojans will face Arkansas Tech (5-1) in the first round. The

Trojans defeated the Wonder Boys last season, 57-52.

Women's Basketball

The Lady Trojans split their contests at the Huntington College Tournament, Nov. 19-20.

The team lost to Huntington 68-48, but bounced back with an 82-77 win over Cedarville College.

Junior Jennifer Bottom led the team with 21 points against Cedarville, while sophomore Cristi Weaver added 20.

Taylor was defeated by IPFW Tuesday, Nov. 23, as Bottom scored 20 points and sophomore Gretchen Newhouse had 18 points and 11 rebounds.

The Lady Trojans hosted the Taylor Invitational during Thanksgiving break, and defeated Grace College 106-93 in the first-round game. The 106 points was a Taylor women's basketball record.

The team was paced by Newhouse's 35 points, while Bottom scored 19 and senior Stacy Garlinger added 18.

In the championship game, Taylor squared off with Indiana Wesleyan and lost 94-86, as 35 turnovers hurt their efforts.

Newhouse scored 30 points and had 20 rebounds, and Garlinger contributed 15 point and 10 boards. Both Newhouse and Garlinger were named to the All-Tournament team.

Tuesday, the women held a 45-42 lead at halftime, but were edged 85-84 by Marian College at home.

The team was 31-of-74 (42 percent) from the floor, and were 16-of-25 (64 percent) from the free-throw line. Marian was 32-of-58 from the floor (55 percent).

Newhouse paced the team with 24 points and 11 rebounds, while Garlinger had 21 points and nine rebounds, and Bottom added 19 points.

The team will travel to Spring Arbor College, Mich., to take on Spring Arbor at 6 p.m. Saturday.



LENDING A HAND—Senior Stacy Garlinger and freshman Grace Morrison battle for a rebound with two Marian College opponents in Tuesday's game. The Lady Trojans were defeated 85-84 and will travel to Spring Arbor College Saturday.

photo by Nathan Beighley

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U Make The Call

The sports editor finally won his own contest. He won by predicting seven of the games correctly.

If you would like to win a quart of soda and a sandwich from T.O.P.P.I.T., enter this week's contest.

Entries are limited to one entry per person/household per week, and winners are ineligible for four weeks after they win.

All the entry blanks must be turned into the "U Make the Call" box located outside the TSO offices, upstairs in the Student Union by noon Saturday, Dec. 4.

This week's games are:

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